

GET STARTED

**1 REVIEW our offerings.**  
A. Use the overview chart to find the program that interests you at the branch that is most convenient for you. OR  
B. Use the detailed listings (pages 56-65) to find the specific class that best fits your needs. All class descriptions include a list of the branches where they are offered.

**2 GET MORE INFORMATION about class times, prices and registration deadlines.**

A. Visit [www.ymcadc.org](http://www.ymcadc.org). Click on the Easy to Enroll icon and browse all our class listings, or  
B. Call or visit the YMCA branch you are interested in attending and ask for detailed information.



**3 REGISTER.**

A. Visit [www.ymcadc.org](http://www.ymcadc.org). Click on the Easy to Enroll icon, select the class you are interested in and register. Program members or non-members should call the branch to register, or  
B. Complete the registration form at the end of this guide and mail it to, or drop it off at, your YMCA. Registration forms should be submitted with payment. Addresses for all YMCA branches are listed on p. 12.

The YMCA offers a variety of activities and programs for youth including swimming, gymnastics, basketball, softball, soccer, arts and crafts, summer camp, pre-school, before- and after-school care, and great birthday parties! The YMCA has something for everyone.

(continued)

	YMCA Alexandria 703-838-8085	YMCA Arlington 703-525-5420	YMCA Ayrlewn 301-530-8500	YMCA Bethesda- Chevy Chase 301-530-3725	YMCA Fairfax County Reston 703-742-8800	YMCA National Capital 202-862-9622	YMCA Potomac Overlook 301-203-2302	YMCA Silver Spring 301-585-2120	YMCA Woodmont 703-527-4966
<b>SIGNATURE PROGRAMS</b>									
PHD - Physical, Healthy & Driven	*	*	*		*	*	*	*	
Y Interactive Zone	*								
YMCA Family Nights	*	*	*						
<b>MARTIAL ARTS / WELLNESS</b>									
Boxing for Fitness							*		
Ju-Jitsu	*	*			*				
Karate	*		*			*		*	
Martial Arts	*								
Tae Kwon Do			*		*	*	*		
Tween Fitness				*					
<b>DANCE</b>									
Ballet	*	*	*					*	
Basic Movement								*	
Hip Hop							*		
Jazz		*							
Tap and Ballet		*							
<b>GYMNASTICS</b>									
Beginner	*		*		*				*
Intermediate	*		*						*
Advanced	*		*						*
Gymnastics Day Camp			*						*
Gymnastics Team			*						*
Rhythmic									*
<b>YOUTH/FAMILY ENRICHMENT</b>									
Chess			*		*				
Beads & Beyond			*						
Family Nights	*	*	*						
Guitar/Piano Lessons	*		*						
Kids Club		*	*		*				
Little/Junior Broadway	*		*						
Music								*	
School-age Complement Classes			*						
Scrapbooking			*						
Technology Classes	*								
YMCA Birthday Parties	*	*	*	*	*	*	*	*	*

For specific class dates, times, prices and registration information, please visit [www.ymcadc.org](http://www.ymcadc.org) or contact your branch.